

**LUNCH**  
**SECTION I**  
**Time—30 minutes**  
**Number of questions—25**  
**Percent of total score—55**

**AP Lunch**

**Multiple Choice**

*Identify the choice that best completes the statement or answers the question.*

1. Which of the following cooking methods involves slowly cooking food in a sealed container with liquid, resulting in tender and flavorful meat?
  - a) Grilling
  - b) Braising
  - c) Stir-frying
  - d) Broiling
  - e) Roasting
2. Which of the following types of wine is made from white grapes and is typically aged in oak barrels?
  - a) Pinot Noir
  - b) Chardonnay
  - c) Riesling
  - d) Sauvignon Blanc
  - e) Cabernet Sauvignon
3. Which of the following cooking methods is most likely to result in the formation of carcinogens?
  - a) Roasting
  - b) Grilling
  - c) Steaming
  - d) Boiling
  - e) Stir-frying
4. Which of the following fruits is known for its high vitamin C content and is commonly used to treat scurvy?
  - a) Pineapples
  - b) Blueberries
  - c) Oranges
  - d) Papayas
  - e) Mangoes
5. Which of the following is a type of food poisoning caused by the bacterium *Salmonella*, and is commonly associated with undercooked poultry and eggs?
  - a) Campylobacteriosis
  - b) Listeriosis
  - c) Salmonellosis
  - d) *E. coli* infection
  - e) Botulism
6. Which of the following cooking methods is most likely to result in the loss of water-soluble vitamins?
  - a) Steaming
  - b) Stir-frying
  - c) Roasting
  - d) Grilling
  - e) Boiling
7. Which of the following amino acids is considered to be an essential amino acid, meaning it cannot be produced by the body and must be obtained from food?
  - a) Tyrosine
  - b) Histidine
  - c) Arginine
  - d) Glutamine
  - e) Proline
8. Which of the following types of milk is produced by cows that have been fed a diet of primarily grass?
  - a) Skim milk
  - b) Almond milk
  - c) Grass-fed milk
  - d) Whole milk
  - e) Soy milk

9. Which of the following nutrients is primarily responsible for building and repairing tissues in the body?
- Minerals
  - Carbohydrates
  - Proteins
  - Fats
  - Vitamins
10. Which of the following types of mushrooms is commonly used in traditional Chinese medicine for its immune-boosting properties?
- Oyster
  - Morel
  - Button
  - Portobello
  - Shiitake
11. Which of the following minerals is important for maintaining strong bones and teeth?
- Iron
  - Calcium
  - Zinc
  - Magnesium
  - Potassium
12. Which of the following types of tea is made from leaves that have been fermented and is known for its bold and earthy flavor?
- White tea
  - Herbal tea
  - Black tea
  - Oolong tea
  - Green tea
13. Which of the following types of wine is made from red grapes and is typically aged in oak barrels?
- Riesling
  - Chardonnay
  - Pinot Noir
  - Cabernet Sauvignon
  - Sauvignon Blanc
14. Which of the following plant-based foods is a good source of protein and is commonly used as a meat substitute in vegetarian and vegan diets?
- Seitan
  - Quinoa
  - Tofu
  - Lentils
  - Chickpeas

*Data for a food: (Question 15)*

| Name:                             | Average Amount: | Unit: |
|-----------------------------------|-----------------|-------|
| Water                             | 90              | g     |
| Energy (Atwater General Factors)  | 39              | kcal  |
| Energy (Atwater Specific Factors) | 32              | kcal  |
| Nitrogen                          | 0.41            | g     |
| Protein                           | 2.57            | g     |
| Total lipid (fat)                 | 0.34            | g     |
| Phenylalanine                     | 0.117           | g     |
| Total fat (NLEA)                  | 0.07            | g     |
| Vitamin B-6                       | 0.191           | mg    |

15. Which of the following food could be depicted above?
- Butter stick, salted
  - Almond milk, unsweetened, plain
  - Broccoli, raw
  - Apples, gala, with skin, raw
  - Peppers, bell, yellow, raw
16. Which of the following types of cheese is made by curdling milk and separating the curds and whey, and then aging the curds?
- Feta
  - Cheddar
  - Mozzarella
  - Brie
  - Blue cheese

17. Which of the following cooking methods involves submerging food in hot oil, resulting in a crispy exterior and tender interior?
- Braising
  - Frying
  - Roasting
  - Broiling
  - Grilling
18. Which of the following is a type of unsaturated fat that is liquid at room temperature and is typically found in vegetable oils, nuts, and seeds?
- Omega-3 fatty acid
  - Monounsaturated fat
  - Saturated fat
  - Trans fat
  - Polyunsaturated fat
19. Which of the following types of bread is made with a mixture of white flour and whole wheat flour, resulting in a bread with a denser texture and nuttier flavor?
- Brioche
  - Rye bread
  - Whole wheat bread
  - Sourdough
  - Baguette
20. Which of the following vitamins is primarily responsible for maintaining healthy vision and skin?
- Vitamin C
  - Vitamin E
  - Vitamin D
  - Vitamin A
  - Vitamin K
21. Which of the following is a type of carbohydrate that is commonly found in fruits, vegetables, and whole grains, and is important for maintaining healthy digestion?
- Lactose
  - Fructose
  - Glucose
  - Fiber
  - Maltose
22. Which of the following cooking methods is most likely to result in the loss of water-soluble vitamins?
- Roasting
  - Steaming
  - Boiling
  - Grilling
  - Stir-frying
23. Which of the following food preservation methods involves the use of salt and is commonly used to preserve fish and meat?
- Fermentation
  - Salting
  - Dehydration
  - Freezing
  - Canning
24. Which of the following is a type of carbohydrate that is commonly found in dairy products, and is important for maintaining healthy bones and teeth?
- Sucrose
  - Maltose
  - Fructose
  - Glucose
  - Lactose
25. Which of the following enzymes is responsible for breaking down proteins in the stomach?
- Amylase
  - Sucrase
  - Lipase
  - Maltase
  - Protease